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SEPTEMBER 2024

# FLOCK NEWS

GOOD SHEPHERD CHURCH, ANDHERI WEST, MUMBAI 400053



## OUR VISION

FAMILIES IN COMMUNION WITH GOD LEADING TO VIBRANT COMMUNITIES & EMPOWERING THE NEEDY



# OSHIWARA LOKHANDWALA CITIZENS FOUNDATION (OLCF)



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*From the Pastor's Desk*

## MARY OUR MOTHER PRAY FOR US

New Testament books of the Bible record but a few incidents from the life of the Blessed virgin Mary. It says nothing about her parentage, her nativity & her childhood. All such information comes to us from the tradition of the early Church which was recorded in 175 AD in the apocryphal book called the Protoevangelium of St. James which was the primary source for Marian liturgy & devotion..

We learn from the book the parents of Mary – Joaquim & Anne were righteous and greatly devoted to God. Her father was a descendant from the Royal house of David .While Anne came from the priestly clan of Aaron.

Mary who is close to us everything but sin brings to mind everything she was to Jesus and everything she is to us. Mary has been a part of the Church's life throughout history, and now she is part of our life as Church today.

This is the practical moral lesson of the feast of the Nativity. Our unwavering confidence in her power of intercessory prayer for us is because she is intimately close to us, being from our human race. And being Mother of Jesus, she can plead with Her Son to open for us the door of divine mercy and secure a constant flow of God's blessing.

8th September is also observed as a 'day of the Girl Child' in our archdiocese. Today there is outrage & protests all over the country over the rape and brutal murder of a doctor in a Calcutta Hospital. This is absolutely justified. But one cannot but help ask: Why was there no national outrage and protests for the women who were raped and murdered in Manipur?? Why was the Media not as vocal then? Women were paraded naked and then gang raped in public. This is the worst form of public humiliation. It must have made every woman in India recoil in shame & disgust. The BJP is asking the chief minister of Bengal, Mamata Bannerji to resign. Why was the CM of Manipur not made to resign??. It is common knowledge by now that he was the architect of the whole pogrom. This is the worst form of double standards.

Not a day passes without some girl or woman being raped and even gang raped in this country. Even 2 yr girls are not spared. This country seems to have lost it's soul. The time is come for us to do some sincere soul searching and stand by our girls and women at large no matter what their status in society.

May our Mother be our guide and stand by every girl & woman as a beacon of strength.

Happy Feast to one and all.

**- FR. ANIL REGO**  
**Parish Priest**

## WELCOME ... Fr. Joseph Mathew



We are very pleased to welcome Fr. Joseph Mathew, to the Good Shepherd Parish Family. Fr. Joseph was born and brought up in Pune and belongs to St. Jude Church, Pune. He is a Commerce graduate and was Ordained on 07th April, 2018. He completed his philosophy and theology studies from St. Pius College, Goregaon. He did his Diaconate at St. Blaise, Amboli for one year.

Fr. Joseph completed 6 years as Assistant Priest at our Lady of Nazareth Church, Bhayander West. We are so glad that he is now part of our parish since June 2024.

What's more... His hobbies include Football, Reading and Travelling... but as a Shepherd he likes meeting people and visiting them and know more about them. We, the Flock wish You, dear Fr. Joseph a happy and fruitful ministry and all the best in your work.

## WELCOME ... St. Louis Convent Sisters.



Sr. Mary Lilian is the former Provincial Superior of Western Province. She got transferred in June from St. Teresa's Provincialate, Santacruz. She was previously at St. Louis as a Superior and has even worked in the Church Office for 3 years. Presently she is an Accountant here.



Sr. Philomena Correia got transferred from St. Teresa's Convent, Santacruz and is now the Superior of St. Louis Convent.



Sr. Luisa Moro got transferred from Gloria Convent, Byculla and presently is the Supervisor of KG section.



Sr. Cinthiya Kaulighar got transferred from St. Mary's Convent, Alibag. Presently she is the Vice Principal in St. Louis School.



Sr. Sunita Pereira got transferred from St. Teresa's Convent, Santacruz. Presently she is the Headmistress of St. Louis Convent, Primary School.

*Welcome dear Sisters to our Parish and Wish You  
All the Very Best in Your Ministry.*

## **SHEPHERD'S VOICE -INSPIRATION**

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“Forsake her not and she will preserve you, love her and she will safeguard you.”  
- Wisdom 4:6

“As Jesus came to you through Mary, it is so right that you got to Jesus through her.”  
- St Bonaventure

“Mary's example of faithful perseverance in doing the will of God and her heavenly reward are a source of courage and hope for all of us.”  
- **Pope Benedict XVI**

“The attitude of Mary of Nazareth shows us that being comes before doing, and to leave the doing to God in order to be truly as he wants us.”  
- **Pope Francis**

“We may seek graces but shall never find them without the intercession of Mary.”  
- **St. Cajetan**

“Men do not fear a powerful hostile army as the Powers of Hell fear the name and protection of Mary.”  
- **St Bonaventure**

## THE BOMBAY CATHOLIC SABHA

### 'CHALLENGER UNIT AWARD' ANDHERI DEANERY

For the Fourth time in a Row.....The Bombay Catholic Sabha (BCS) of Good Shepherd Church Unit have won the 'Challenger Unit Award' for the Andheri Deanery for the year 2024. The award was presented to our Chairperson and Committee Members by the Chief Guest : Mrs. Pricilla Buthello on Saturday, 10th February, 2024 - Sabha Day at St. Andrew's Auditorium, Bandra.

In 2019 we won the 'Challenger Award'. In 2020-2021 we received an 'Appreciation Award', in 2022 we won the 'Star Award' and now once again the 'Challenger Award'. All the four awards continuously in a row have been won by our parish unit for the first time under the Dynamic Leadership and Chairperson - Mrs. Dora Martis. It's a feather on the cap for the Unit and all our parish BCS members.

### 32nd AGM on 23rd JUNE, 2024.

Our Unit had the 32nd AGM on 23rd June, 2024. The AGM was attended by our Spiritual Head - Fr. Anil Rego, Fr. Frankie Crasta, Fr. Joseph Mathew, our committee members and few of our Sabha members. Items on the agenda were discussed. Mrs. Dora Martis - Chairperson, explained the various activities conducted by the Centre and its incentives and also thanked Fr. Anil for his support and guidance. Fr. Anil appreciated the work being done by the present team of the Executive Committee, their participation and interactive discussions. He also extended his full support to the unit, going way forward.

A Vote of Thanks was given by the Vice Chairman - Mr. Wilfred Pinto. He spoke on involving and motivating the youth to participate and get involved in the Sabha. Fr. Frankie extended his full support to the Sabha. The AGM concluded with a thanksgiving prayer. Snacks and tea were served to all. Another feather on the cap... all our three parish fathers were present for the entire AGM.

### ANNUAL ACADEMIC AWARDS

We extend our Heartiest Congratulations to Five of our young parishioners who achieved Academic Excellence during the year 2023. They were honoured by The Bombay Catholic Sabha at the 31st Annual Academic Awards function held on 22nd January, 2024 at St. Michael's Auditorium Mahim.

1. Gloraine Carvalho - Master of Veterinary Service
2. Pearl P. Gonsalves - Bachelor of Physiotherapy
3. Svetlana M. Gonsalves - Bachelor in Audiology & Speech Language
4. Emily Desouza - Class X - ICSE
5. Shania M. Gonsalves - Class X - ICSE (Merit Certificate)

### REPUBLIC DAY 26-01-2024

Fr. Anil Rego unfurled the flag in the presence of BCS members, parishioners and sisters from Good Shepherd and St. Louis Convents' after the 7.00am mass on 26th January, 2024. Cake and Tea were served to all present.

### INDEPENDENCE DAY 15-08-2024

Fr. Anil Rego hoisted the flag after the 7.00am mass in the presence of more than 100 parishioners and our BCS members. The National Anthem was sung. Sweets were distributed to all.

## SIGNATURE CAMPAIGN

More than 1,400 signatures were collected from parishioners to the petition on the memorandum of demands of the Christian community / citizen issues in Mumbai and in the nation. 53 forms were duly signed and submitted to the Centre.

## CHRISTMAS TREE SAPLING

As part of Environment and plantation drive, a Sapling received from the Centre was handed over to Fr. Anil Rego and planted in the church premises in the presence of our committee members.

## SAVE AAREY - 100th SUNDAY OF PROTEST

On 28th July, Crusaders for the Green World held a protest demonstration at Picnic Point, against the man-made devastation of Aarey forests. Dora Martis represented our unit parish to attend this event, holding banners and placards to express our solidarity for the protection of the green lungs of Aarey and with the Adivasi Communities for their homes and livelihoods.

## MEMBERSHIP DRIVE

We request all our parishioners above the age of 18 years to be a BCS member. Forms are available with the Committee Members.

A Big Thank-You to our Spiritual Director - Fr. Anil Rego for your guidance and to you dear parishioners for all your support. We thank God for his many blessings to us and our families and may our Parish Unit continue its journey towards creating 'A Better Tomorrow Today'

- Dora Martis





## DEVOTION TO OUR MOTHER

The Rosary is more than a prayer, very special symbol and prayer guide. The beauty of the rosary is that it can be prayed at so many levels, in many places, individually or communally.

On the 31st of May, the Senior Citizens, Golden Hearts conducted the Rosary at the Grotto of Our Lady. There were more than a hundred people present and it was overwhelming to see a huge crowd. We venerated our Mother with red roses and hymns.

We started the Rosary with a short reflection and by reciting the Rosary for the needy and our intentions. We concluded the Rosary with a hymn.



On this day every year, we see more and more people participating. I feel that the devotion to our Mother should not be only on the 31st of May. Since the Rosary is conducted every day at 6:30 pm at the Grotto. I urge more and more people to attend and receive blessings from our Mother through her intercession.



At the end of the Rosary, refreshments sponsored by the Golden Hearts were served to all who attended. Everyone enjoyed and mingled with their fellow parishioners. We thank Fr. Frankie for joining the Rosary and blessing us all. God bless everyone.

- Stella Gladys Noronha

## A FLOURISHING SUCCESS: OUR CHURCH'S PLANTATION DRIVE

On the morning of 17th July, our church community gathered for a special event that embodied our commitment to caring for God's creation: a Plantation Drive held near the area where our breakfast stalls usually stand. The event, which began at 10 AM, was a true celebration of faith, community, and the beauty of nature.

We were blessed with an overwhelming turnout, as members of all ages came together, excited to participate in this meaningful initiative. The SCC coordinators played a crucial role in the success of the event, having been provided with a carefully curated list of plants to choose from. This thoughtful preparation ensured that everyone could contribute to the drive in a way that resonated with them personally.

As the morning unfolded, the coordinators and animators from each unit captured some truly beautiful images with their plants. These photos not only documented the event but also highlighted the joy and enthusiasm.

No church event is complete without a moment of fellowship, and the Plantation Drive was no exception.

After the hard work of planting and nurturing, everyone gathered to enjoy a simple yet delightful refreshment of tea and biscuits.

This Plantation Drive was more than just an event; it was a symbol of our shared commitment to God's



creation. The plants we've sown together will grow and thrive, just as our faith and community continue to flourish. Let us remember the words of Genesis 2:15, "The Lord God took the man and put him in the Garden of Eden to work it and take care of it." Through this drive, we have once again embraced our role as caretakers of the Earth, nurturing the garden that God has entrusted to us.

We extend our heartfelt thanks to everyone who participated and made this event a resounding success. May these plants be a reminder of our ongoing mission to protect and cherish the world around us.

- **Beautification Committee**

## **ANNUAL SCHOOL FEAST-16th JULY, 2024**

“One day through the ROSARY and the SCAPULAR, I will save the world”.

St. Louis Convent High School celebrated its Annual Feast of Our Lady of Mount Carmel on 16th July, 2024. Our Lady is the patroness of the Carmelite Order and a pillar of their spirituality. The feast day celebration commenced with a solemn mass at Good Shepherd Church at 10.00 am by Rev. Fr. Anil Rego. The Sisters, teachers, non-teaching staff, support staff and students actively participated in the Liturgical celebration by singing, reading and serving the Lord.

To emphasize on this special occasion a Tableau was enacted by our students highlighting the promise of Our Lady to St. Simon Stock 'Whosoever dies clothed in this Scapular shall not suffer eternal fire'. Devotion to Our Lady of Mount Carmel is shared through the Brown Scapular. At the end of the Eucharistic Celebration the holy scapular was distributed to the congregation as a symbol of our Lady's protection and love. The School Feast mass was a memorable and a spiritual experience, it strengthened our bond and deepened our faith.

- **Sr. Saumya**

**Principal, St. Louis School**



## P.P.C @GOOD SHEPHERD CHURCH.



'Plant a tree today; it will help us breathe tomorrow.'  
The above quote perfectly strikes a chord. Planting even a single tree brings about a significant change. History is witness to many great leaders and philosophers emphasizing on the value of tree plantation. To implement and take it forward, the Parish Green Cell members planted fruit and neem saplings in the church premises on 24 th Aug'24 at 11:30 am onwards.

Fr. Anil Rego- Parish priest and Fr. Joseph Mathew- Spiritual Director blessed the saplings. Later they were planted in the premises and on the church lawns.



As rightly said by Stephen Covey- "You can't have the fruits without the roots." Every individual is called to PPC P- Plant, P-Preserve, C-Care !!!

- Jasmine Nair  
Green Cell.

## WET WASTE COMPOST WORKSHOP @St. LOUIS CONVENT.

On 13th Jul, the Parish Green Cell organized a demonstration of 'Wet Waste Composting' at St. Louis Convent from 11:30 am onwards.

Ms. Moinunnisa Sultan- green warrior from Neem Enviro gave a detailed session on composting in-house wet waste.

Along with the Superior- Sr. Philomena, rest of the staff of the school and convent were present.

Ms. Sultan explained in detail the need to compost wet waste, the different kinds of vegetable, fruit and other kitchen items of waste that can be segregated and composted. She also briefed on the alternate material that can be used as mixture to absorb moisture so that the compost is dry and can be used as instant manure.





The workshop ended with a question and answer session and Ms. Sultan patiently reverted to all the queries.

A very enriching and an informative session... indeed!

The Parish Green Cell thanks Ms. Moinunnisa Sultan for educating us on composting and providing all the necessary information and Sr. Philomena for her time, support, interest and extending the workshop to the convent support staff.

- Jasmine Nair  
Parish Green Cell.

## Crispy Easter Celebration & Culinary Delights

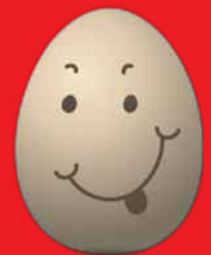
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### CONTACT :

**CHERYL AT 9819867168 TO PLACE YOUR ORDERS.**



### Little flower community celebrated Grandparents Day.

The Animators of Little Flower Community marked Grandparents' Day by visiting all the grandparents in the community during the first week of August, at times convenient to them, mostly in the evenings. To manage the large number of families, the Animators divided their visits by cluster, allowing for more personalized interactions. We presented each grandparent with a small gift as a token of love and spent quality time with them, sharing in the joy of the occasion. The grandparents were thrilled to see us, and we were equally delighted to connect with them.

- Celine Saldanha

### St Ambrose community Zone V Unit II – Grandparents Day Celebration

Our St Ambrose community grandparents received lots of love, prayers, blessings and well wishes from all the members and for that we are truly thankful.

We created a beautiful collage with all the grandparents and shared it on our community WhatsApp group, making all the grandparents very happy and excited. Saying "THANK YOU" to our grandparents via surprise visit with a love token made them very delighted.

I am really grateful to all of my animators. It would never have been possible without their support and assistance. A special thank-you to Adaline, Suman & Joe for being the backbone. We pray that our St. Ambrose family will be blessed by the powerful intercession of St. Joachim & St. Ann, and that we will all continue to be a supportive and loving community.



- Nimia Dcosta

### Holy Trinity Community | Zone V | Unit I

#### March 2024 Highlights:

During the season of Lent, our zone presented a heart-touching skit & PPT while conducting the zone-wise Stations of the Cross. The Stations of the Cross was well received by the people at the church and we would like to take this opportunity to thank Maria, Marie, David, Lawrence, Finiya, Archana, Sarita, Charlotte, Sylvie, Cheryl & Thomas Furtado from our community for their heartfelt participating

and contribution.

The Lenten Cross was circulated across 25 families in our community & we hope this period was a time of reflection & prayer for our community families.

We also arranged confessions for the home-bound and prayers for 5 families during the period of Lent. Special thanks to Fr. Anil Rego & Maria.

Our community came out in large numbers to

contribute to the Good Shepherd Sister's Hostel Building Donation Drive. Maria also assisted us in the distribution of the physical copies of the flock news for community members who are not able to access the digital copy.



### June 2024 Highlights:

A special mass on account of Laity Sunday (on 30th June) was conducted for the Heads of Cells & Associations/ SCC Coordinators. From our community, Finiya Thomas (Coordinator) & Joan D'Souza (PPC Member) were present. Post the communion there was also blessing & commissioning of the heads. The members present there were felicitated with a token of appreciation from the parish as well.

### July 2024 Highlights:

On Plantation Day (17th July), the coordinators were requested to participate by planting trees in the area near the canteen and to help add our bit in supporting our environment & community. To make this activity more engaging, coordinators were allocated specific plants that they would need to get for this plantation day drive. Our community donated a peacock plant. The feeling of togetherness and working towards a common goal helped us also feel like we're thanking mother earth and supporting the greenery in our areas.



### August 2024 Highlights:

On the occasion of Vianney Sunday (4th August), there was a celebration organized by the PPC & SSC team for the clergy of our parish. Our priests were also presented with a spiritual bouquet. Joan D'Souza (PPC) member attended this celebration. We sincerely thank our parish clergy team for blessing us, keeping us in their prayers and for all that they do.

We at the Holy Trinity Community, are very happy to share that, on the occasion



of Independence Day, some of our community members were invited & felicitated at The Sacred Heart Scholars Academy by the lovely students and faculty! The students at the school are very enthusiastic and are always eager to help us out with our crib making activities etc. All their performances were energetic and full of emotion. A big shout out to Andrea and Joan for their incredible work with this school and which helps us maintain relationships with our members from other communities.

Our little Myraa D'Costa will be receiving Holy Communion this year. The community members met at her house & prayed over her as she

undertakes the next step in her spiritual journey.

On 19th August, the Community Animators/Coordinator also decided to meet our community young ones and while spending time with them were reenergized by their curious minds & innocence. We had a good time spending 1-on-1 time with the children in our community and handed over gifts to them. Sincere thanks to Finiya, Joan, Andrea, Archana & Marie who helped with this activity.

As one of key initiatives in the community this year we have decided to meet the home-bound senior citizens and this month while beginning this initiative we were happy to meet a few of our senior citizens. Spending time with them was truly a blessing and they were gracious in accepting our small presents/gifts. We look forward to continuing engaging with our Senior Citizen community in the months to come.



- By Finiya Thomas (Co-ordinator)

## ST. LOUIS COMMUNITY. ZONE -2 UNIT -1

15th August was an auspicious day for St. Louis Community, as 2 important Events were involved, one was the Feast of our Lady of Assumption and the other was our country's Independence Day.

Our programme commenced with a Rosary in honour of Mother Mary. Thanking Our dear Mother for all the blessings She has bestowed on each and everyone of us and asking Our dearest Mother to be

with us always.

We had planned that we get together and have singing and a little of Patriotic songs and playing some games.

Now coming to eatables, served them some scrumptious snacks. A juice to quench our thirst and snacks to satisfy our appetite on this joyous occasion of the Assumption of our dear Mama Mary.



Overall, the feast and the Indian Independence Day was a great celebration with the Rosary. We had to conclude the 2nd session early, as we were pressed for time as it was past 9 pm and members were eager to leave. Anyhow better luck for next year.

- Marina Borthwick.

## EPIPHANY COMMUNITY: ZONE II UNIT 6

### MAY MONTH OF MOTHER MARY

For centuries, the Catholic Church has set aside the entire month of May to honor Mary, Mother of God. During the month of May, Epiphany community gathered at St. Mary's School Grotto to pray the Rosary regularly. The Legion Of Mary group was also invited on one of the days to join us. On the last day, as a token of closure, a small get together was held after the rosary in St. Mary's School premises where everyone spent time and enjoyed the refreshments.



## GRANDPARENTS DAY CELEBARTION

On July 26 the Roman Catholic Church commemorates the parents of the Virgin Mary, Saints Joachim and Anne. The couple's faith and perseverance brought them through the sorrow of childlessness, to the joy of conceiving and raising the immaculate and sinless woman who would give birth to Christ.

Epiphany Community celebrated Grandparents Day on Saturday the 27th July 2024 at one of our animators house where grandparents parents and grand children and youth all gathered.

The youth and children took a lot of efforts to prepare beautiful cards for the grandparents. The celebration started with an opening prayer followed by serving of coffee and biscuits. Game of Housie was played next. Later on, all grandparents were handed over their cards by the grand-children. The grandparents were very happy. Also, some, whose grandchildren don't stay together, when they received their cards they were a little emotional. Then followed the game of passing the parcel.



Our spiritual director deacon Inacin was also present. He said the final prayers and gave blessings during which the hymn showers of blessings were sung altogether. Everyone got their gifts and prizes were also distributed to the winners. Finally snack boxes were given away and everyone left happy and cheerful.

## INDEPENDENCE DAY - ASSUMPTION OF BLESSED VIRGIN MARY

The Assumption is celebrated as a major feast day on 15th August each year. It's a Holy Day of Obligation for us Catholics. The Assumption of our dearest Mother Mary (Body & Soul) into Heaven is a profound mystery of faith that highlights her unique role on the divine plan and her close association with her son, Jesus Christ. Epiphany community kids Saliza D'souza [Std 5] and Saarah D'souza [Std 1] sang "Jhanda Ooncha Rahe Hamara..." and "National Anthem - Jan Gan Man" respectively as a token of patriotism towards our



Independent Nation. The videos can be viewed on our church social media pages on Facebook and Instagram.

- CA Remita R. Fernandes

(Coordinator)



## ZONE 3 UNIT 7 HOLY FAMILY COMMUNITY

We celebrated Parents & Grandparents day in our community on Sunday 28th of July at one of our members' house. The celebration began with a thank you prayer lifted up for the parents & grandparents led by the children followed by a hymn invoking God's blessing on them. Our spiritual director, Deacon Inacin attended this program. He blessed all the parents and grandparents in a prayer of surrender.

This was followed by fun and frolic games for all, the members were divided into groups and gave tough competition to each other as they put their heart and soul in the games. Everyone had an enjoyable time trying to get their teams to win and poked fun at the other teams. The icing on the cake was the selfie corner with funny cutouts which the families used to create wonderful memories. Chitchat soon filled the air as the



families reclined to enjoy some snacks and get energized. A few children gave a performance of Katakali dance, a poem dedicated to parents etc. The celebration ended with the singing of old English party songs. Our community members also participated in the plantation drive held in the church compound on 17th July. We planted the Fern plant.



- Priya Periera

## PARENTS AND GRANDPARENTS DAY AT ST JUDE'S COMMUNITY

At St. Jude's Community, Parents' Day was celebrated with a heartfelt and engaging initiative.

Taking its cue from the parish activities, the youth of St. Jude's community planted little saplings in pots. These pots were then distributed to the grandparents and parents within the community, each accompanied by a sweet, personalized card to celebrate the occasion of Parents day.

This gesture was well received by the parents and grandparents. They mentioned how loved and blessed this made them feel.

- Franchelle Raj,  
Zone 3 Unit 5



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## ST. SEBASTIAN'S COMMUNITY ACTIVITIES, ZONE 3 UNIT 4

In the month of April, 2024 our animators visited the sick and home bound members of our community. It was heartwarming to see the gleaming smiles on their faces. They all appreciated our visit and requested us to come more often since it brings them happiness in their lonely lives.

Marina offered beautiful prayers for them, while we joined in. We gave them a copy of the flock news and some of them mentioned how they love reading it. They expressed their gratitude and asked us to continue praying for them. We were also able to assist the family with certain needs they had. Overall, it was an overwhelming experience that made us feel so good to witness the joy of visiting the sick and the homebound.



From March to May 2024, our community mourned the loss of three cherished members. In their memory, we organized condolence visits and Rosary recitals at their homes for the repose of their souls. We were deeply touched by the significant turnout from our community during these visits, underscoring the importance of standing together in times of grief. Additionally, our monthly Rosary recitals, hosted by various

community members in their homes, continue to strengthen our bonds as we unite in prayer and service.

On June 25, 2024, our community visited the House of Charity in Versova, dedicated to supporting disabled and special children. We delivered essential items generously donated by our members and spent over three hours engaging in meaningful activities. We were deeply touched by the inmates gratitude despite their challenges. Our hands-on efforts—washing vegetables, ironing clothes, and organizing cupboards—deepened our appreciation for the tireless work of the sisters and volunteers. A special moment was celebrating an inmate's birthday with songs and a lovingly prepared lunch, highlighting the warmth and compassion of all involved. We extend our heartfelt thanks to everyone who contributed; your kindness truly makes a difference in the lives of those in need.



On July 17, 2024, our animators took part in the Tree Plantation Day organized by the Parish. We planted two species: Philodendron Selloum and Lemongrass. This initiative not only underscored our shared responsibility for environmental

conservation but also provided a wonderful opportunity for fellowship and joyful interaction with different communities within our Parish.

On August 11, 2024, our community hosted a lunch for 46 children of leprosy patients at Vimla Leprosy Home, Andheri West. The children began the meal with the Lord's Prayer, a powerful reminder of faith and community. Serving these resilient children was both humbling and uplifting, as we saw their strength despite losing parents to the disease and witnessed the care provided by the dedicated sisters at the home. After lunch,



we played a game of housie, where the joy of winning prizes was truly infectious. Every child received a gift, ensuring that none were left out. Every patient was also given a gift. Our gratitude to the donors, who made this possible. As we departed, one of the sisters, thanked and prayed for our community. A child expressed their heartfelt gratitude and

together, they sang a beautiful thank you song, a moment that deeply touched our hearts. He smiles and the happiness on each child's face was the most rewarding sight. In August 24, 2024, our community organized a pre-Communion prayer service for Aarin Aranha, son of Mr. Brian and Mrs. Anita Aranha. A beautiful card, crafted by one of our members with the inscription, "Prepare to sit at the Lord's table" was signed by everyone and presented to Aarin during the service. Another member prepared a lovely flower stand with roses and a picture of Our Lady with a rosary, which was also given to Aarin. We were delighted by a surprise homemade cake and snacks from one of our generous members. We are deeply thankful to Aarin's family for their warmth and hospitality. As we gathered, we prayed for Aarin's upcoming First Communion in December 2024. The presence of our community added a profound sense of spiritual and communal warmth to this special occasion. We are grateful to God for the love and support from all.



- **Aloma Fernandes,**  
**Coordinator**

## PAVING THE WAY - UNIT 3 ZONE 1

As we (Mother Teresa's Community) bid farewell to Sr. Mary Jose. Our beloved Spiritual Director with remorse and sadness in our heart only to have our New Spiritual Director Sr. Usha to fill in the gap.

The evening was filled with cheer and laughter, recollecting sweet memories of the 9 years we cherished so much with her. Fun filled games were organized and lip-smacking snacks were served. We had a new member, Simone Gonsalves, who joined the clan of Mother Teresa's. She was warmly welcomed. The evening came to an end with a Thanksgiving prayer & hymn.

- Animators of Mother Teresa's Unit 3 - Zone 1

### ZONE 3-UNIT 2-

## ST.VINCENT DE PAUL COMMUNITY PARENTS AND GRAND PARENTS DAY I

It was the most gratifying moments spent with the grandparents of our Community which stretched over 3 days from Fri 26th to Sat 28th July' 24. The children of our community wrote & read out a heart rendering poem to commemorate St Joaquim & St Ann's feast. They contributed from their piggy bank savings to buy



them gifts as well as displayed their creative side by knitting crochet and presenting it as their appreciation for the elderly. Each animator visited their clusters along with the children. To see the grandparents beaming with sparkling smiles as the kids visited them made it a memorable celebration for them.

May St. Joaquim & St. Ann continue to intercede for us and bless our elderly & our children.

May St. Joaquim & St. Ann continue to intercede for us and bless our elderly & our children.

- - Vera Correia

## YOUTH VISITING THE HOMEBOUND - ALPHONSA UNIT - ZONE II UNIT 7

The youth from the St. Alphonsa unit (Zone II unit 7) visited all the homebound grandparents on 28th July 2024 with a token of their love. They all had a good experience and gelled very well with the grandparents. God bless our youth who made the grandparents day a happy one

- Priscilla D'souza



### Alphonsa Unit Feast Celebrations

We from the Alphonsa unit (Zone II unit 7) celebrated our Feast mass on 27th July 2024. We all enjoyed together as a big family. It was a fun filled and enjoyable evening.

-Priscilla D'souza

# If you slay, we pay.



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*\*slay = whenever a person looks self-confidently good, acts in a self-empowered way, or does or achieves something spectacular, especially in the face of some challenge*

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### CHANGING MY MENTAL-ITY IN GSC!

I love social media. sometimes a bit too much. sometimes not at all. when I'm on a high, I can post 4-5 times a day. more than that as well - random stuff, a music track I'm listening to on youtube, an artist I really like, a comic strip that just caught my fancy or even repost an interesting news story. I generally avoid political stuff, even in my manic state I find it tasteless.

Why am I telling you this?

because i believe that families need to share. and I've been a part of the good shepherd church family for the last 18 years!

Priya-Ann and I have raised 2 beautiful kids here. we don't wish to move anywhere else (unless that place is called GOA with copious amounts of feni and chorizo)

I sat down to write the script for a voice over demo called Being Bipolar on 20th May (after casting my vote at the recent

elections) and it has been the MOST liberating thing I have ever done!

Coming out of the "Mental closet" has helped me speak more freely about mental health and introspect on how I can be more mindful about my care givers and the stress I sometimes cause them. I'm still very far from achieving a balance, but it will be 6 months+ since my last "episode" and I credit the efforts of my doctor (Rajan Prabhu) and wife (Priya-Ann) for that.

If you are also dealing with any kind of mental strife, my best advice is to speak with a "trained" counsellor. You may have to PAY for the session but it's totally worth it. We don't give enough importance to self care. Priests can only do so much. They are human beings as well and susceptible to human frailty. I am not discounting their abilities for a second. I have called on Fr Anil and Fr Frankie more than once for their advice, but one needs to sometimes combine talk therapy with chemical intervention. Science has progressed greatly, we can delve into the same in future posts. Let me know if you would like that. You can reach me on [sheldon@randomgenius](mailto:sheldon@randomgenius). in or send me a friend request on Facebook or Instagram :0)

- Sheldon Aranjó.





# *Goodbye Daddy and Thankyou*

1st September 2024  
On his 2nd Death Anniversary...

*Here lies My Father A man misunderstood by many,  
including me.*

*He was born at a time when hard times was a regular  
house visitor.*

*Before he turned eighteen, he had lost couple of his  
siblings & his letter for travel concession is still lying at  
his Ancestral*

*His hard work at school etc. did not affect his struggle to  
keep his family together with my mother playing her role.*

*I had taken him for granted, when others talked about his goodness I understood, that a man who  
lived for the family.*

*He had rarely lived for himself. Drowned in his own sorrow / hard days never shared by any.*

*His helping nature is well known in his hometown. Saved many a family and uplifted them from  
poverty.*

*He planted several trees at his hometown. and could not enjoy their fruits after retirement. At the  
end lived with his grandchildren, in the midst of all luxuries.*

*Those days they were built different. The resilience, tensile strength and Humility I admire now.*

*He taught me how to live life, without luxuries.*

*It has been a wonderful time that I got a few years at your ebb, for which we are thank to the  
Almighty for giving precious days - to care for you by your bed & old age.*

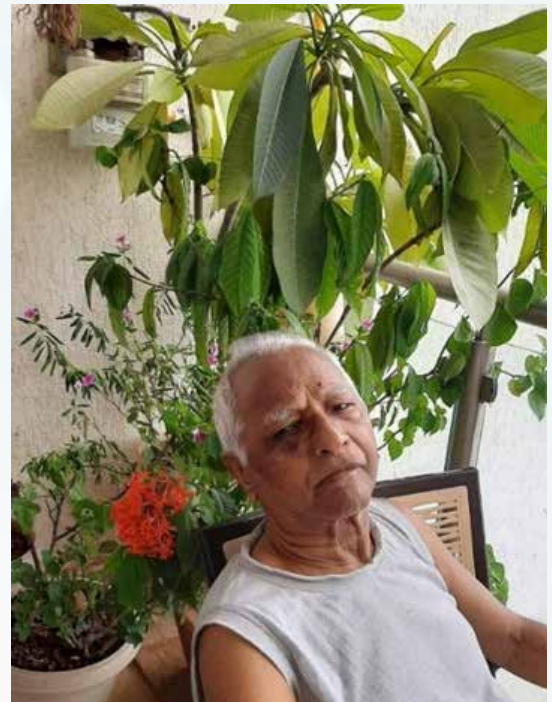
*I see the empty bed & the grave, now to be exhumed where at 88 you were a winner Dad...*

*I know you are in a better place & on your 2nd Death Anniversary, want to say again a big Thank  
You... Dad for making me who I am...*

*Dust to dust, I hope to meet you! When my time runs out here...*

*With heartfelt gratitude for all that you did and from heavens do for us*

*With Love,*



**- Thomas Mathews (Staicy) & All at Home**



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# MILESTONES

## BAPTISMS

Date of Baptism	Date of Birth	Name	Parents
30-03-2024	26-04-1987	ANJALI NARSAYYA	KELWIN AND BETSY BRITTO
(ADULT BAPTISM)	ASHOK NARSAYYA	RENISHCA D'SOUZA	JOHANNES AND ROCHELLE D'SOUZA
16-06-2024	15-04-2024	KAYDEN FERNANDES	WALTER AND GITANJALI FERNANDES
30-06-2024	30-04-2024	NERIA PINTO	KEVIN AND BRINELL PEREIRA
30-06-2024	07-05-2024	PRINCIA D'SOUZA	SAPEDRU AND LAVINA D'SOUZA

## MARRIAGES

Date	Name
20-07-2024	NOAH PETER ARUNSALAM AND SAMREEN SHAIKH

## DEATHS

Date	Name	Age	Address
11-04-2024	WILFRED G. MASCARENHAS	68	173, CLIVE MUKADAM, NEAR JEMMY BUNGALOWS, GORAI MANORI, CULVEM VILLAGE, BORIVLI WEST, MUMBAI - 400092
12-04-2024	BRENDA BLOSSOM SEQUEIRA	70	404 GOLDEN CHARIOT, LOKHANDWALA COMPLEX, ASHOK ACADEMY SCHOOL,
10-05-2024	MABEL VALLADARES	71	A/401, DAULATRAO DESAI CHS, 7 BUNGALOWS,
13-05-2024	MARTHA GERTRUDE PASHA	84	1/E/3 BLUE ARCH, 4 BUNGALOWS, OPP. ST. LOUIS CONVENT SCHOOL,
25-05-2024	ANNIE THERESA MENDONCA	67	FLAT NO 32, LINK GARDEN CHS, TOWER 3, YAMUNA NAGAR
01-06-2024	SEVERINE ALPHONSUS D'SOUZA	74	B/306 EMPIRE CHS, APNA GHAR NO 6, LOKHANDWALA COMPLEX
11-06-2024	THOMAS JACOB	80	45/A4, MANISH NAGAR, J.P. ROAD, NEAR FOUR BUNGALOWS,
12-06-2024	ROSEMARIE LAZARUS BRITTO	88	VERSOVA VIEW BLDG NO 8, FLAT NO 24, NEXT GOOD SHEPHERD CHURCH, 4 BUNGALOWS,
27-06-2024	ANJU ASHOK DESHPANDE	67	PLOT NO. 152, NO 23 SAIKRIPA CHS, ST. MARY SCHOOL ROAD, SVP NAGAR, 4 BUNGALOWS VERSOVA TELEPHONE EXCHANGE
14-08-2024	VINCENT XAVIER ARANJO	70	A/401 MAYFAIR AKSHAY, 1ST CROSS ROAD, SWAMI SAMARTH NAGAR, OPP. FOOD INN HOTEL, LOKHANDWALA



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